

Buddhist Practitioner Bibliography

1) Lineage

- a) *The Awakened One: A Life of the Buddha*. Sherab Chödzin. (Boulder CO: Shambhala Publications, 2009)
- b) *The Great Kagyu Masters: The Golden Lineage Treasury*. Khenpo Könchog Gyaltzen. ed. Victoria Huckenphaler (Ithaca New York: Snow Lion Publications, 1990)

2) Sutras

- a) *Dhammapada: The Path of Perfection*. trans. Juan Mascaró (Baltimore MD: Penguin Books Ltd., 1973)
- b) *Early Buddhist Discourse*. Ed. and trans. by John J. Holder (Indianapolis IN: Hackett Publishing Company, Inc., 2006)
- c) *The Holy Teaching of Vimalakirti: A Mahayana Scripture*. Robert A. F. Thurman (Penn State University Press, 2003)

3) Philosophy

a) Fundamentals:

- i) *On the Four Noble Truths*. Yeshe Gyamtso. (KTD Publications, 2013)

b) Overview:

- i) *The Essence of Buddhism: An Introduction to Its Philosophy and Practice*. Traleg Kyabgon. (Boston MA: Shambala Publications, 2001)

c) Abhidharma and Fundamentals:

- i) *The Buddhist Psychology of Awakening: An In-depth Guide to Abhidharma*. Steven D. Goodman (Boulder, CO: Shambhala Publications, 2020)
- ii) *Indestructible Truth: The Living Spirituality of Tibetan Buddhism*. Reginald A. Ray. (Boston MA: Shambhala Publications Inc., 2000)

d) Mahayana Systems:

- i) *Outlines of Mahayana Buddhism*. Daisetz Teitaro Suzuki. (London, UK: Luzac, 1907)
- ii) *Living Yogācāra: An Introduction to Consciousness-Only Buddhism*. Tagawa Shun'ei. trans. Charles Miller. (Somerville MA: Wisdom Publications, 2009)
- iii) *Entry into the Inconceivable: An Introduction to Hua-Yen Buddhism*. Thomas Cleary.

e) Emptiness:

- i) *Progressive Stages of Meditation on Emptiness: Experiential Training in Meditation Reflection and Insight*. Khenpo Tsultrim Gyamsto Rinpoche. trans. Lama Shenpen Hookham. (UK: Shrimala Trust, 2016)
- ii) *Introduction to Emptiness: As Taught in Tsong-kha-pa's Great Treatise on the Stages of the Path*. Guy Newland. (Boston MA: Snow Lion, 2008-2009)

4) Meditation

a) Generally

i) *The Attention Revolution: Unlocking the Power of the Focused Mind*. B. Alan Wallace. (Boston, MA: Wisdom Publications, 2006)

b) Theravadin:

i) *Practical Insight Meditation: Mindfulness, Series 2*. the Venerable Mahasi Sayadaw. (San Francisco, CA: Unity Press, 1972)

ii) *Satipaṭṭhāna The Heart of Buddhist Meditation: A Handbook of Mental Training Based on the Buddha's Way of Mindfulness*. trans. Nyanaponika Thera. (New York, NY: Samuel Weiser, Inc., 1962)

c) Zen:

i) *Zen Mind, Beginners Mind: Informal Talks on Zen Meditation and Practice*. Shunryu Suzuki. ed. Trudy Dixon (New York, NY: John Weatherhill Inc., 1970-1975)

d) Tibetan:

i) *How to Meditate: A Practical Guide to Making Friends with Your Mind*. Pema Chödrön (Boulder, CO: Sounds True, Inc., 2013)

ii) *Mindfulness in Action: Making Friends with Yourself through Meditation and Everyday Awareness*. Chöygam Trungpa, ed. Carolyn Rose Gimian (Boston, MA: Shambhala Publications, 2015)

iii) *How to Practice Shamatha Meditation: The Cultivation of Meditative Quiescence*. Gen Lamrimpa. trans. B. Alan Wallace. (Ithaca NY: Snow Lion Publications, 1992-2011)

e) Other:

i) *Presence Meditation: The Practice of Life Awareness*. Jens-Erik Risom. trans. Marianne Bentzen. (Berkley CA: North Atlantic Books, 2010)

5) The Path

a) *The Way of the Bodhisattva: A Translation of the Bodhicharyāvatāra*. Shantideva. trans. Padmakara Translation Group (Boston, MA: Shambhala Publications, Inc., 1997)

b) *Treasury of Precious Qualities: The Rain of Joy*. Jigme Lingpa, trans. Padmakara Translation Group (Boston MA: Shambhala Publications, Inc., 2001-2010)

6) Vajrayana

a) View:

i) *The Small Golden Key: To the Treasure of the Various Essential Necessities of General and Extraordinary Buddhist Dharma*. Thinley Norbu, trans. Lisa Anderson. (Boston MA: Shambhala Publications Inc., 1977-1993)

ii) *Journey without Goal*. Chogyam Trungpa. (Boston MA: Shambhala Publications, Inc., 2000)

b) Practice:

i) *Not for Happiness: A Guide to the So-Called Preliminary Practices*. Dzongsar Jamyang Khyentse. (Boston MA: Shambhala Publications, Inc., 2012)

ii) *Creation and Completion: Essential Points of Tantric Meditation*. Jamgon Kongtrul, trans. Sarah Harding. (Boston MA: Wisdom Publications Inc., 2002)